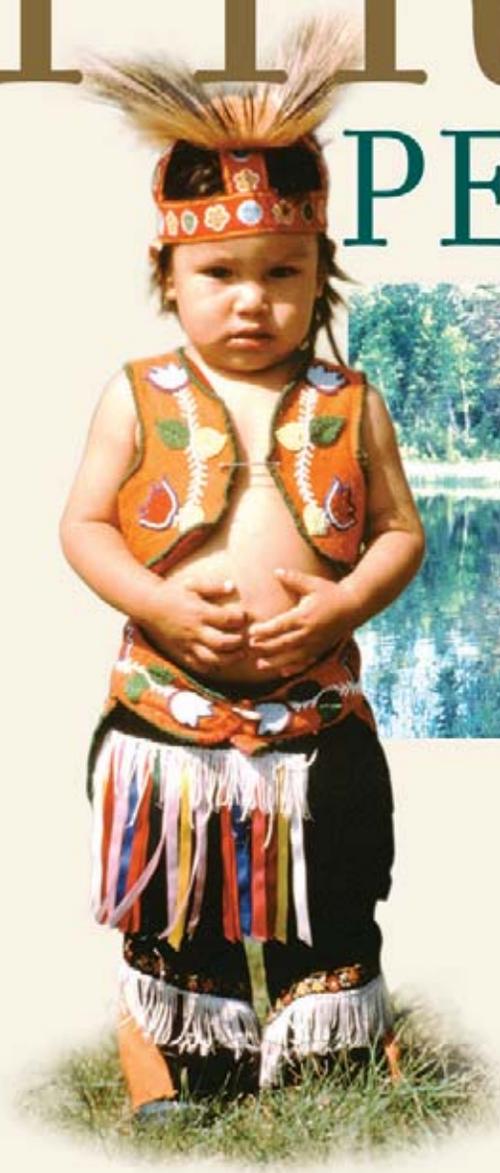




THE FIRST PEOPLES



Historic sites and attractions

At the Lake Manitoba Narrows, a strong wind can send waves washing against the limestone shingle beach of an offshore island. This unique sound from the waves is said to be the Manitou, or Great Spirit (in Ojibway, "Manito-bau"). The legend survives in the province's name – Manitoba.

EASTERN REGION

Southeastern Manitoba blends rugged Canadian Shield country with fertile western prairie, creating a region of singular beauty that is rich in historical significance. The area's many waterways were used as major trade and travel routes for generations. The Anishinabe (Ojibway or Saulteaux) people have inhabited this area since the late 1700s, when Chief Peguis' band arrived in present-day Manitoba from what is now Ontario.

Brokenhead Ojibway Nation Historic Village

Experience the lifestyle of the Ojibway – stay in tipis, take nature walks, craft dreamcatchers and eat traditional foods. (on PTH 59, just north of Libau) *Ph: 204-766-2494 Fax: 204-766-2306*

Bannock Point Petroforms



Discover turtles, snakes and human forms in the ancient stone and boulder outlines, or petroforms, arranged on the surface of the bedrock. These sacred boulder mosaics include instructions given to the People by the Creator and to this day retain a spiritual and ceremonial significance for the Aboriginal people. (6 km south of Nutimik Lake on PR 307) *Ph: 1-800-214-6497 for Provincial Parks information or visit www.gov.mb.ca/conservation/parks/popular_parks/petroforms/*

Buffalo Point

A central meeting place for Ojibway people for centuries; today Buffalo Point features a four-season resort and historical centre that blends Aboriginal traditions with modern amenities. It is also one of the few places in North America where you can still see timber wolves in the wild. *Ph: 204-437-2133 or visit www.buffalopoint.mb.ca*

Atikaki Provincial Wilderness Park

Includes the Manitoba portion of the Bloodvein, one of Canada's Heritage Rivers which features sacred rock paintings (PTH 59, north to PR 304) *Ph: 204-277-5212 or visit www.gov.mb.ca/conservation/parks/popular_parks/atikaki/info.html#inf*

Whiteshell Natural History Museum

The log museum contains displays featuring the Winnipeg River, First Nations petroforms, wild rice, lake sturgeon and wildlife of the boreal forest. (PR 307 at Nutimik Lake) *Ph: 204-348-2846 or visit www.gov.mb.ca/conservation/parks/education/centres/wnhm.html*

EASTERN REGION

La Maison-Chapelle Interpretive Centre

This is a reproduction of the original church built in 1890 and the centre is used to interpret the French and Métis culture and heritage of the area. (St. Malo-corner of Hwy. 59 and Beach Road)

Ph: 204-347-5765 Fax: 204-347-5765 or visit www.chaboille.mb.ca

Le Musée Pionnier

This museum depicts the pioneer life of early settlers. (St. Malo-off PTH 59 on Beach Road, past the archway) *Ph: 204-347-5765*

Red Willow Lodge

Experience and learn about the teachings of traditional First Nations culture based on the teachings of the "Medicine Wheel." Activities at the lodge are interactive and hands-on. (Dugald Road-Hwy. 15 immediately after the Brokenhead River) *Ph: 204-866-2430 Fax: 204-866-2432 or visit www.rwl.mb.ca/main.html*

INTERLAKE REGION

Sandy beaches, vast marshlands and crystal blue lakes stretch as far as the eye can see in Manitoba's Interlake – home to the Ojibway, Cree and Oji-Cree. Because this region is a major north-south transportation route (that links with east-west routes), the Red River and lakes Winnipeg and Manitoba were used for centuries by First Nations people for transportation and trade.

Peguis

This First Nations community takes its name from the famous Ojibway chief who signed a treaty with Lord Selkirk in 1817 which helped create the province's first European agricultural settlement. Peguis' descendants commemorate their heritage in July with an annual Treaty Days Celebration and Powwow. (190 km north of Winnipeg on PTH 17) *Ph: 204-645-2359 Fax: 204-645-2360*

Kenosewun Visitor Centre

Lockport Heritage Park is home to this interpretive centre, named from the Cree word, Kenosewun, meaning "there are many fishes." For thousands of years, First Nations people fished at the St. Andrews Rapids and for a short time grew crops. Find out more about Manitoba's "first farmers" from the centre's collection of horticultural artifacts. (west of junction PTH 44 and Henderson Highway, in Lockport)

Ph: toll-free at 1-800-214-6497 for Provincial Parks info or visit www.gov.mb.ca/conservation/parks/popular_parks/lockport/index.html

St. Peter Dynevor Anglican Parish

This stone church – one of the oldest on the prairies – was built in 1854 by Cree and Ojibway parishioners. The parish cemetery is also the burial place of Chief Peguis, a friend to the Selkirk settlers and defender of Aboriginal land rights. (4.9 km north of East Selkirk on PR 508, then west and south on marked road)

Ph: 204-482-8602

GREAT SPIRIT

INTERLAKE REGION

Lower Fort Garry National Historic Site

Relive the drama of the 19th century fur trade era at this authentic Hudson's Bay Company fort. Visit the Big House, fur loft building and native encampment, and talk to the characters that inhabited this fascinating period in Manitoba's history. The Red River Rendezvous, held in mid-August, recreates the festivities of a traders' camp. (32 km north of Winnipeg on PTH 9) *Ph: toll-free 1-877-LFG-FORT (534-3678) or visit www.parkscanada.gc.ca/garry*

St. Andrews Rectory and Church– National Historic Site

The church and rectory have been at the heart of the religious and social life of the lower Red River Settlement for over 150 years and are known for their architecture and association with the work of early missionaries. (River Road Heritage Parkway) *Ph: 204-334-6405 or 204-785-6050 Fax: 204-482-5887 or visit www.pc.gc.ca/lhn-nhs/mb/standrews/index_e.asp*

River Road Heritage Parkway

This historic route follows the Red River and features many interpretive displays, walkways, historic landmarks and scenic lookouts along the way. (heading north, turn right from PTH 9 outside the Perimeter Hwy.)

Captain Kennedy Museum and Tea House

The museum, originally built in 1866 was once home to Captain William Kennedy, an explorer, entrepreneur, and trader. Go for a stroll in the heritage floral gardens and enjoy the Tea Room's homemade fare. (Lot 417 River Road) *Ph: 204-334-2498*

NORTH OF 53°

Long ago, after the glaciers retreated, the North became home to diverse groups of hunters who used a vast network of interconnected waterways and gravel ridges (or eskers). The Dene – meaning 'the people that flow from Mother Earth' – continue to live where nature is balanced and they can experience harmony with their surroundings.

In 1670, when the Hudson's Bay Company launched its fur trade enterprise, northern Aboriginals took part in this lucrative trade. Every summer for more than 200 years, hundreds of canoes and York boats turned the waterways of the North into highways of commerce, carrying trade goods inland and furs to ships arriving in Hudson Bay.

Norway House

Named for Norwegian woodcutters, hired by the Hudson's Bay Company in 1814 to build a road from York Factory to the interior, Norway House is one of the largest and one of the oldest communities in the North. Its role during the fur trade is legendary as the link for anything and anyone important – goods, supplies, settlers and explorers – moving inland from the Hudson Bay and all points West and South.

The community was home to the **Rossville Mission** where the syllabics of the Cree language were created by Methodist Minister James Evans in 1841. (off PTH 6 on PR 373) *Ph: 204-359-6721 Fax: 204-359-6080*

NORTH OF 53°

Churchill

The Churchill area has attracted people for over 3,500 years – and they're still coming to experience the breathtaking wonders of this great frozen frontier.

Start your journey at the **Eskimo Museum** and view one of the finest and oldest collections of carvings and artifacts, dating back to the Pre-Dorset and Dorset periods (3500 to 1000 years before present), through Thule and modern Inuit times. Get a first hand experience of the Aboriginal history of Churchill with a dog sled ride. Visit an outfitter's tent to hear the history of dog sledding, and enjoy tea, homemade bannock and jams made from tundra berries.

Hear colourful tales of the Hudson's Bay Company at the nearby **Parks Canada Visitor Reception Centre**, where a collection of the company's muskets and trade goods – including replicas from the 1700s and 1800s – are displayed. Across the Churchill River is **Prince of Wales' Fort**, a national historic site where you'll find plaques honouring notable First Nations figures – Matonabee, a Dene hunter who guided Samuel Hearne on his epic journey inland and Thanadelther, the woman who initiated peace between the Cree and the Dene.



Churchill's polar bear tours include tent ring sites.

Ph: 1-866-765-8344 or 204-675-2781 Fax: 204-675-2930 or visit www.townofchurchill.ca or www.churchillmb.net/~ccomm

Molson Lake Rock paintings

These beautiful pictographs, located in Paimsuk Creek, were painted on rock faces by the First Nations people that inhabited the area many years ago. (Molson Lake, 30 air miles northeast of Norway House)

Aseneskak Casino

An entertainment hub featuring live entertainment, restaurant, art gallery, gift shop, and casino, all celebrating the culture and traditions of the Cree Nations. (Opaskwayak Cree Nation)

Ph: 204-627-2250 or 1-877-627-2267 Fax: 204-627-2278 or visit www.aseneskak.ca

Christ Church

The church was founded in 1840 by Henry Budd, the first Aboriginal ordained to the Anglican ministry. (Edwards Avenue, The Pas) *Ph: 204-623-3802 or 204-623-2119*

Sam Waller Museum

The museum exhibits tell the fascinating stories of this historic community and region and the collection was generously donated by Sam Waller. (306 Fischer Avenue, The Pas) *Ph: 204-623-3802*

F 53°

NORTH OF 53°

York Factory National Historic Site

This site features the remains of the Hudson's Bay Company fur trade post, including a depot built in 1832, the oldest wooden structure standing on permafrost. (250 km southeast of Churchill) *Ph:* 204-675-8863 *Fax:* 204-675-2026 or visit www.pc.gc.ca/lhn-nhs/mb/yorkfactory/index_e.asp

Prince of Wales Fort National Historic Site

This huge stone fortress was built by the Hudson's Bay Company in the 1700s to protect their interests in the fur trade. It took over 40 years to build and signifies the French-English struggle on Hudson's Bay. (across the Churchill River on the west peninsula) *Ph:* 204-675-8863 *Fax:* 204-675-2026 or visit www.pc.gc.ca/lhn-nhs/mb/prince/index_e.asp

CENTRAL PLAINS REGION

Known as Manitoba's heartland, the Central Plains region with its tall prairie grasses, quiet parks and unblemished wetlands, is a place of beauty. Home to the Ojibway and Métis, this was a place where one could hear the thunder of buffalo hooves across this vast prairie.

Thunderbird Nest

Hand-painted signs describe the legend of the Thunderbird, believed to be a guardian spirit that protects mankind from the serpent of the underworld. The Ojibway people still perform ceremonies at the site, constructed many years ago by their ancestors to attract the sacred bird. It is still used by those seeking guidance, and the site should only be approached when it is not in use. (6 km west of the Narrows Bridge on PTH 68) *Ph:* 204-767-2101



Medicine Rock (ASSIN KAMICHA BIKISIT)

This is a traditional gathering place where First Nations people leave offerings and the actual site has interpretive signage. Over 9,000 acres of the surrounding area is considered endangered space. (10 km southeast of Ste. Amelie on gravel road) *Ph:* 204-767-2101

High Bluff

In the spring of 1864, following an attack by bounty hunters from Minnesota, the Dakota constructed fortified camps in the Portage la Prairie district. Each camp was enclosed by a circular trench and embankment behind which armed defenders could position themselves. This site is known as The Flee Island Entrenchment. (on PR 277, 10km north and .5 km west of High Bluff)

The White Horse Monument

This monument honours a white horse, which was central to a tragic First Nations story of a beautiful Assiniboine woman and her Cree bridegroom who were pursued and killed by her rejected Sioux suitor. (St. Francois Xavier, junction of the Trans-Canada Hwy. and PTH 26)

PARKLAND AND WESTERN REGION

Southwestern Manitoba was the first region of the province to be free of glacial ice, and its mixed forest and prairie landscape held abundant resources for its early occupants. Over 10,000 years ago, First Nations people hunted bison and fished in the area's abundant lakes. In 1741, First Nations guides brought the first European explorer, Sieur de la Vérendrye, to the area. The fur trade post he established near Lake Winnipegosis was the first of many to involve First Nations and Métis in the vast commercial enterprise.

Riding Mountain National Park

The park is a wild and wonderful blend of natural habitats, fine resorts and restaurants, wildlife, culture and people. Towering forests meet prairie grasslands here. The Anishinabe of Riding Mountain have lived in this area for many generations and still call it home. You can also enjoy Métis, and French cultures in neighbouring communities. *Ph: 204-848-7275 or visit www.pc.gc.ca/ridingmountain*

Fort Dauphin Museum

A wooden palisade surrounds this historic museum, built to resemble an 18th century fur trade post. Echoes of the past resonate through the authentic blacksmith shop, pioneer log house and one-room school located inside the walls and dating back to the early 1890s. The museum hosts an annual Fur Traders Rendezvous in the fall and is home to the Parkland Archaeological Laboratory – a storehouse for over 80,000 artifacts. (140 Jackson Street, Dauphin) *Ph: 204-638-6630 Fax: 204-629-2327 or visit www.city.dauphin.mb.ca*

Irvin Goodon International Wildlife Museum

Interactive exhibits feature many animals displayed in their natural setting. The gift shop sells unique quality craft pieces, lodge pole furniture and imported products from New Zealand. (Boissevain – 298 Mountain Street on Hwy. 10) *Ph: 204-534-6341 or 204-534-2468 Fax: 204-534-6662 or visit www.goodonmuseum.com*

The Stott Site

Visit this archaeological bison kill area where bones and artifacts dating back over a 1,000 years ago have been found. A bison enclosure is reconstructed with a viewing platform. (outside of Brandon in Grand Valley Provincial Park)

Pilot Mound

This community was named for a mound that can be seen from 25km/16 miles away. The Assinboine called it Little Dance Hill and it was a landmark for explorers and settlers traveling across the province. (Pilot Mound – Hwy. 3 about 45 minutes west of Morden) *visit www.pilotmound.com*

The Moncur Gallery of Prehistory

See weapons used by First Nations people to hunt the woolly mammoths that roamed this area 11,000 years ago. The Moncur Gallery will take you back past the written annals of history with its priceless collection of pre-contact artifacts, depicting the lives of the people who occupied the Turtle Mountain area. (436 South Railway Street, lower level, Boissevain) *Ph: 204-534-2433 or visit www.town.boissevain.mb.ca/moncur*

PARKLAND AND WESTERN REGION

Spirit Sands

It's like a desert – right in the middle of the prairies – complete with 30-metre-high blowing sand, dunes, lizards and cacti. It's also the only location in Manitoba where you'll find such wildlife as the western plains hognose snake and the northern prairie skink. The mysterious blue-green ponds you'll encounter, as you hike along self-guided trails or ride in a horse-drawn covered wagon, is formed by the action of underground streams and referred to as the **Devil's Punch Bowl**. Some First Nations people regard Spirit Sands as a sacred place. (south on Hwy. 5 at Carberry)



PEMBINA VALLEY

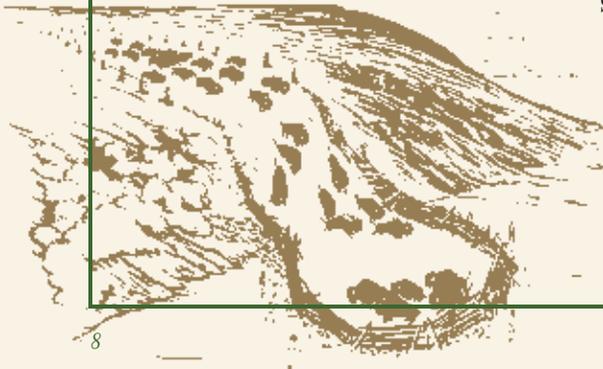
This unique valley is now a pastoral region of fertile fields and rugged terrain. Long ago, a glacial lake covered the eastern half of the region and the First Nations people hunted in the hills and valleys to the west.

Emerson Tourist Information and Interpretive Centre

Start your journey through Pembina Valley at the Emerson Centre, where you'll find beautiful and detailed exhibits on the region's Aboriginal heritage, including the history of the North-West Mounted Police, interpreted more fully at the nearby **Fort Dufferin**. The beaded suitcase on display is an example of the traditional Dakota-Sioux "possible bag," so named because it was possible to carry just about anything in this bag. Paintings by Cree artist Don Monkman illustrate some of the ancient northern legends, such as the Great Bear, guardian of the North, overseeing the orderly melting of ice and snow. (Emerson)

Star Mound

Set dramatically atop Star Mound (also called Nebogwawin Butte) is a sacred First Nation burial site and a one-room schoolhouse from the late 19th century. Picnic facilities and a playground are part of the site, which offers a panoramic view of the surrounding prairie. (3 km west and 1.6 km north of Snowflake)



WINNIPEG

Manitoba's capital, with a population of roughly 650,000, is home to 70,000 people of First Nation and Métis descent. The Forks heritage site – where the Red and Assiniboine rivers converge – marks a historic First Nations meeting place. For over 6,000 years, people came here to hunt, fish, trade, swap stories and perform ceremonial rituals. Fur trading posts flourished here in centuries past. Today, Winnipeg recognizes and supports the Aboriginal heritage and traditions, as they continue to enrich the city's cultural life.

St. Boniface Museum

Stand inside the oldest dwelling still in use in the Prairie Provinces. The museum brings to life the fascinating heritage of the French-Canadian and Métis people, and houses noteworthy items relating to Louis Riel, a founder of Manitoba. His bust graces the lawn of this original Grey Nuns convent. (494 Taché Avenue) *Ph:* 204-237-4500 *Fax:* 204-986-7964



St. Boniface Cathedral

Oldest cathedral in Western Canada. (190 avenue de la Cathedrale) *Ph:* 204-233-7304

St. Boniface Cemetery

In Riel's Footsteps – outdoor theatre: 45 minute theatrical and historical tour through St. Boniface Cemetery, burial site of many prominent Manitoba Métis, including Louis Riel.

Ph: 204-233-8343 or 1-866-808-8338

WINNIPEG

Fort Gibraltar

Fort Gibraltar is a replica of the fur-trade encampment built by the North West Company in 1809, and offers historic interpretation, banquet options, Voyageur and French-Canadian theme events and entertainment, history and costumed interpreters as part of the annual Festival du Voyageur. (768 Taché Avenue) *Ph:* 204-237-7692 *Fax:* 204-233-7576

Riel House National Historic Site

Riel House is the family home of the famous Métis leader and Founder of Manitoba, Louis Riel. Here you can learn about the Métis, a distinct Canadian people with French and Aboriginal traditions. It is a place to pause and reflect on the fascinating and complex story of Louis Riel and to explore his contemporary legacy. (330 River Road) *Ph:* 204-257-1783 *www.parkscanada.gc.ca/riel*

Riel Statues

Located on the south grounds of the beautiful Manitoba Legislative building. *Ph:* 204-945-5813

Neeginan

The **Circle of Life Thunderbird House** is the focal point of Neeginan – Our Place – and provides a spiritual and cultural centre for the celebration of Aboriginal life. Thunderbird House is based on the principles of the Medicine Wheel and features an open-air ceremonial place, fire pit and sweat lodge. (715 Main Street) *Ph:* 204-940-4240 *Fax:* 204-940-4243

The Manitoba Museum – Hudson’s Bay Company (HBC) Gallery

Over 300 years of the great Canadian fur trade’s colourful history unfolds before your eyes in the Hudson’s Bay Company Gallery, housed in The Manitoba Museum. Half of the 10,000-plus artifacts in the collection originated in First Nations, Metis and Inuit communities and reflect their traditional lifestyles and unique adaptations to the commercial fur trade. (190 Rupert Avenue) *Ph:* 204-956-2830 *Fax:* 204-942-3679 or visit *www.manitobamuseum.mb.ca*

The Forks

For over 6,000 years, First Nations people met at the junction of the Red and Assiniboine rivers – the place where Winnipeg’s history began. Today, The Forks remains a vibrant meeting place with strong links to the past. The Forks site includes shopping, riverside activities, a Wall Through Time and The Forks National Historic Site of Canada. *Ph:* 204-983-6757 (98-FORKS)

Aboriginal Centre of Winnipeg

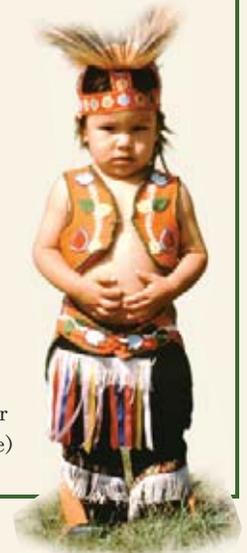
Located in the historic CP Rail Station, the centre is a gathering place and vital central resource for Winnipeg’s Aboriginal community. (181 Higgins Avenue) *Ph:* 204-989-6383 *Fax:* 204-989-9780

Place Saint-Norbert

Log cabin built by the McDougalls, a Métis family who lived in Lorette. The cabin will serve as an interpretive centre for pioneer family histories.

Louis Riel Mural

The scene of “La Barrière,” which features the historic figures involved in the Red River Resistance of 1869 to 1870. (St. Norbert, corner of Pembina Highway and ave de l’église)



WINNIPEG

Riel-Ritchot Monument

Commemorating the partnership between Louis Riel and Father Ritchot, who were responsible for launching the Métis movement to create the province of Manitoba. (located across the street from La Chapelle)

La Chapelle de Notre Dame-du-Bon-Secours

In the summer of 1870, Father Noël Joseph Ritchot began construction of a small Chapel, a shrine to the Virgin Mary, in St. Norbert. He and many of the Métis of the new Province of Manitoba believed they had secured her divine intervention in the confrontation with the Dominion of Canada over their rights as civilized men within the British Empire. (80 rue St. Pierre)

Trappist Monastery Provincial Heritage Park

Encouraged and assisted by Riel's political and spiritual advisor, Father Noel Ritchot, the monastery site now houses the St. Norbert Arts Centre.

St. Norbert Provincial Heritage Park

Location of the Bohemier, Turenne and Delorme houses which were homes to French and Métis families. (40 Turnbull Drive) *Ph: 204-945-4236 in season, Ph: 204-945-4375 off season*

Métis Resource Centre

A Métis managed non-profit, membership based, charitable organization that offers cultural, educational and social/recreational programs and services delivered to maintain the integrity of the values, and unique culture and heritage of the Métis. (506-63 Albert Street) *Ph: 204-956-7767*
Fax: 204-956-7765

Seven Oaks House Museum

One of oldest surviving residences in Manitoba and one of a handful of log buildings remaining that give a picture of life on the Red River during the 19th century. The house was built by in 1851 by John Inkster, a prominent Métis. (115 Rupertsland Boulevard) *Ph: 204-339-7429*

Ross House

The first Post Office in Western Canada. William Ross, the first postmaster was Métis. (140 Meade Street N.) *Ph: 204-943-3958 (in summer)*

St. John's Cathedral

Established in 1820 by John West, it was the birthplace of the Anglican Church in Western Canada, and is the "Upper" Church in a series of Anglican churches that were built along the Red and Assiniboine rivers to serve the Anglican Métis. (135 Anderson Avenue) *Ph: 204-586-8385*

Grant's Old Mill

Tour this working replica of the flour mill (1829) operated by Cuthbert Grant, who was a recognized leader of the St. Francois-Xavier Métis in the early 1800s. (2777 Portage Avenue at Sturgeon Creek)
Ph: 204-986-5613 (summer) 204-837-1775

WINNIPEG

Historical Museum of St. James-Assiniboia

This original 19th century William Brown settler home comes alive with costumed actors depicting pioneer Brown and Taylor families and is home to an impressive display of pioneer artifacts. (3180 Portage Avenue) *Ph:* 204-888-8706

Centre du Patrimoine

The Heritage Centre in St. Boniface has the mission to conserve and promote the documentation and resources which have cultural, heritage, judicial, and historical value; the product of Francophone presence in Western Canada and Manitoba for over the past 250 years. (340 Provencher Blvd.) *Ph:* 204-233-4888

Archives of Manitoba

Manitoba's rich documentary past is accessible to you at the Archives of Manitoba, which also houses the world-renowned archives of the Hudson's Bay Company. (200 Vaughan Street) *Ph:* 204-945-3971 *Fax:* 204-948-2672

Upper Fort Garry Gate

This small city park is the only visible remnant of Upper Fort Garry, built by the Hudson's Bay Company as its administrative headquarters in the 1830s at the forks of the Red and Assiniboine rivers. The Métis of the Red River Settlement were the backbone of the company's transportation network. (South Broadway off Fort Street)

ARTS AND CRAFTS IN WINNIPEG

Winnipeg Art Gallery

The Winnipeg Art Gallery is home to a collection of contemporary, historical and decorative art, as well as the world's largest public collection of contemporary Inuit art. (300 Memorial Boulevard) *Ph:* 204-786-6641

Bayat Inuit Gallery

The gallery houses one of the finest collections of modern and classical pieces of Inuit art, including award-winning paintings, prints and wood sculptures. (163 Stafford Street) *Ph:* 204-475-5873 *Fax:* 204-284-1481

Concourse Aboriginal Gallery

The gallery offers a selection of traditional and contemporary Aboriginal art in a variety of media, including original and limited edition prints. (224 Notre Dame Avenue) *Ph:* 204-943-2795

Nunavut Gallery

This gallery specializes in Inuit sculpture, drawings, prints and wall hangings by renowned artists from across northern Canada. (220 Osborne Street) *Ph:* 204-478-7233 *Fax:* 204-475-7539

The Upstairs Gallery

Winnipeg's longest running Inuit art gallery has work representing all areas of the Canadian Arctic. (266 Edmonton Street) *Ph:* 204-943-2734

Arctic Trading Company-Polo Park, Thompson and Churchill

A retail outlet that features a variety of First Nations art from Churchill and across Manitoba and Canada along with a wide range of handmade products (Polo Park Mall) *Ph:* 204-774-3573

ARTS AND CRAFTS IN WINNIPEG

Northern Images: Winnipeg and Churchill

Owned by the Inuit and Dene people of northern Canada, Northern Images is a retail outlet of Arctic co-operatives that feature sculpture, prints and wall hangings. (Portage Place, 2nd floor) *Ph:* 204-942-5501

Wah-Sa Gallery

This gallery specializes in Canadian First Nations art, primarily in the Woodlands and Prairie styles. (302 Fort Street) *Ph:* 204-942-5121 *Fax:* 204-888-3140

Urban Shaman

This is a not-for-profit gallery that features contemporary regional, national and international First Nations art in a variety of media. Artist talks and/or workshops are also featured with each new exhibit. (233 McDermot Avenue) *Ph:* 204-942-2674

Vision Quest Trading Co.

(63 Albert Street) *Ph:* 204-957-5444

Canadian Plains Gallery – Aboriginal Centre of Winnipeg

This gallery features original local First Nations art including both contemporary and traditional pieces in many media. (181 Higgins Avenue, main floor) *Ph:* 204-943-4972

Graffiti Gallery

Graffiti Gallery is the only gallery of its kind in all of North America that focuses exclusively on youth art in a number of unique mediums including graffiti. (109 Higgins Avenue) *Ph:* 204-667-9960

Fax: 204-949-0696

Four Directions Trading Inc.

Features crafts from over 100 First Nations. (331 Smith Street) *Ph:* 204-943-8152

ARTS AND CRAFTS OUTSIDE WINNIPEG

Portage la Prairie – Abenaki Art Works

(234 Saskatchewan Avenue) *Ph:* 204-857-5945 or visit www.abenakiartworks.mb.ca

Carberry – Bearwalking International

Ph: 204-724-0388 *Fax:* 204-571-6461

Cranberry Portage – Northern Buffalo Art Gallery

Ph: 204-472-3948

Churchill – Northern Images

(174 Kelsey Boulevard) *Ph:* 204-675-2681

Fax: 204-675-2236

Churchill, Thompson – Arctic Trading Company

(Box 910 Churchill or City Centre Mall Thompson)

Ph: 204-675-8804 or *Ph:* 204-677-2026

or visit www.arctictradingco.com



ARTS AND CRAFTS OUTSIDE WINNIPEG

St Malo – Li Pchi Poste craft boutique

(corner Hwy. 59 and Beach Road [Maison Chappelle]) *Ph: 204-347-5765 Fax: 204-347-5765 or visit www.chaboille.mb.ca*

The Pas – Northern Forest Diversification Centre

(340-3rd Street) *Ph: 204- 627-8683 Fax: 204- 627-8686 or visit www.nfdc.ca/index.htm*

The Pas – White Feather Cree-ations

Ph: 204-623-5695 Fax: 204-623-4982

Wanipigow – Nashacapo

Ph: 204-363-7987 Fax: 204-363-7524 or visit www.nashacapo.com/index.htm

The Pas Friendship Centre

(81 Edwards Street) *Ph: 204-623-6459 Fax: 204-623-4268 or visit www.mac.mb.ca/thePAS*

Swan River Friendship Centre

(1413 Main Street, Swan River) *Ph: 204-734-9301 Fax: 204-734-3090 or visit www.mac.mb.ca/swanriver*

Thompson – Ma-Mow We-Tak Friendship Centre

(122 Hemlock Crescent) *Ph: 204- 677-0950 Fax: 204-677-3195 or visit www.mamowetak.mb.ca*

Opaskwayak – White Buffalo Gift Shop

(Hwy. 10 North, in Otineka Mall) *Ph: 204-623-1995*

Flin Flon – Northern Rainbows End

(139 Main Street, Flin Flon) *Ph: 204- 687-7855 Fax: 204- 687-7444*

Flin Flon Indian Métis Friendship Centre

(57 Church Street) *Ph: 204-687-3900 Fax: 204-687-5328 or visit www.mac.mb.ca/flinflon*

Cranberry Portage – Tipi Flutes

(109 Portage Road) *Ph: 204-472-3932*

Fisher River Visitor Centre

Ph: 204- 645-2171

The Pas – From the North

(516 Fischer Ave.) *Ph: 204- 623-6354*

ARTS AND
CRAFTS

RESEARCH IN WINNIPEG

Archives of Manitoba

(200 Vaughan Street) *Ph:* 204-945-3971 *Fax:* 204-948-2672

Métis Resource Centre

(506-63 Albert Street) *Ph:* 204-956-7767 *Fax:* 204-956-7765

Manitoba Historical Society

(304-250 McDermot Avenue) *Ph:* 204-947-0559 *Fax:* 204-943-1093

The Manitoba Museum

(190 Rupert Avenue at Main Street) *Ph:* 204-956-2830

Manitoba Indian Cultural Education Centre – Aboriginal Peoples Library

(119 Sutherland Avenue) *Ph:* 204-942-0228

EVENTS IN WINNIPEG

Annual Red River Métis Day – June

Red River Métis Heritage Group – St. Norbert Provincial Park – July

National Aboriginal Day – June 21st

Festival du Voyageur – February



Our History

The original inhabitants of what we now call Manitoba were ancestors of North America's present-day Aboriginal people. These "First People" arrived as the glaciers retreated from the land, more than 11,000 years ago. They followed a resource-based lifestyle, hunting caribou and bison for food and forming separate communities with distinct languages and cultures. They gradually developed into the seven distinct Aboriginal groups that inhabit Manitoba today – First Nations (Cree, Ojibway, Oji-Cree, Dene, Dakota Sioux), Métis and Inuit.

Aboriginal peoples' traditional way of life changed dramatically with the arrival of the European fur trade some 300 years ago. They worked as traders and provided food supplies needed to support the trading posts. It wasn't long before the First Nations and Métis populations became an integral part of this lucrative commercial empire.

Manitoba's First Nations began signing treaties with the British monarchy in the 1870s, gradually creating 62 communities throughout the province. There are 51 communities of Métis, a distinct society of mixed First Nations and European descent who share their ancestry with Manitoba founder Louis Riel.

Métis and First Nations people have a profound respect for the natural world and a distinct sense of pride in their spiritual and cultural traditions. They continue to represent a vital and enduring component of Manitoba's past, and its future.